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Chavis Pool **831-6565**

Lake Johnson Pool **233-2111**

Longview Pool **831-6343**

Millbrook Pool **872-4130**

Ridge Road Pool **420-2322**

City of Raleigh Parks & Recreation Aquatics



Swim Lessons Parent's Handbook



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Annual Pass Resident Non-Resident

(Valid 1 year to date)

1 - 8 years	\$60	\$95
9 - 15 years	\$85	\$160
16 - 61 years	\$160	\$235
62 & over	\$125	\$195

All passes are not transferable and become property of the City of Raleigh upon date of expiration. Replacement/duplicate passes are available for \$10.

Hours of Operation

Biltmore Pool 701 Crown Crossing Lane

Main & Wading Pools

Mon-Fri 12:30-6pm Sat 1:00-6pm Sun 2:00-6pm

Adult Lap Swim Mon-Fri 4:30-6pm

Chavis Pool 720 Chavis Way

Main Pool & Spray Pool Mon-Fri 10:30am-6pm Sat & Sun 1:00-5pm

Lake Johnson Pool 1416 Athens Drive

Main Pool Mon-Fri 12:30-8pm Sat 10am-7pm Sun 1:00-6pm

Adult Lap Swim Mon-Fri 8am-8pm Sat 10am-7pm

Wading Pool & Sprayground Mon-Fri 9am-8pm

Sat 10am-7pm Sun 1:00-6pm

Longview Pool 321 Bertie Drive

Main Pool & Wading Pool Mon-Fri 9am-8pm Sat 12:30-6pm Sun 1-6pm

Adult Lap Swim Mon-Fri 9am-8pm

Millbrook Pool 1905 Spring Forest Rd

Main Pool Mon-Fri 12:30-8pm Sat 10am-6pm Sun 1:00-6pm

Adult Lap Swim Mon-Fri 8am-12:30pm, 6-8pm Sat 10am-6pm

Wading Pool & Sprayground Mon-Fri 9am-8pm

Sat 10am-6pm Sun 1:00-6pm

Optimist Pool 5902 Whittier Drive

Main & Diving Pools Mon-Sat 12:30-8pm Sun 1:00-6pm

Adult Lap Swim Mon-Fri 5:30am-5pm Sat 6am-12:30pm Sun 7-9:30am

Wading Pool Mon-Sat 9am-8:00pm Sun 1:00-6pm

Pullen Aquatic Center 410 Ashe Avenue

Recreational Swim Mon-Sat 12:30-8pm Sun 1:00-6pm

Adult Lap Swim Mon-Fri 5:30am-5pm Sat 6am-12:30pm Sun 1-6pm

Teaching Pool Mon-Thur 12:30-5pm Fri & Sat 12:30-8pm Sun 1-6pm

Diving Boards Mon-Sat 12:30-5pm Sun 1:00-6pm

Ridge Road Pool 1709 Ridge Road

Main Pool Mon-Fri 12:30-8pm Sat 10-7pm Sun 1:00-6pm

Adult Lap Swim Mon-Fri 5:30am-6pm Sat 10am-12:30pm

Wading Pool & Sprayground Mon-Fri 9am-8pm

WATER SAFETY QUESTIONS

Q: What type of rescue equipment do I need for my home pool?

A: It is recommended that at a minimum you have the following equipment available in a prominent and accessible location(s):

- Reaching equipment, such as a reaching pole
- Throwing equipment, such as a ring buoy with a line attached
- Extra life jackets
- A well-stocked first aid kit

A telephone or mobile phone with emergency numbers posted near the phone.

Q: Why is it not recommended that "water wings," swim rings or other inflatable flotation devices be used as a personal flotation device?

A: Inflatables, such as water wings, swim rings and other flotation devices, are not designed to be used as substitutes for U.S. Coast Guard-approved life jackets or life vests or adult supervision. Swimmers may go beyond their ability and fall off the inflatable, which may lead to a drowning situation. Inflatable materials deteriorate in sun and rough pool surfaces, leading to deflation and leaks.

Q: What is the minimum water depth required to perform headfirst dives?

A: Enter headfirst only when the area is clearly marked for diving and has no obstructions. Consult the National Spa and Pool Institute, state law and local building codes for pool dimension guidelines to help you establish rules for your pool to ensure safe diving activities. Diving from a diving board should only occur if there is a safe diving envelope (the area of water in front of, below and to the sides of a diving board that is deep enough that a diver will not strike the bottom, regardless of the depth of the water or the design of the pool).

Admission Fees

At The Door Resident Non-Resident

1 - 8 years	\$0.75	\$1.50
9 - 15 years	\$2.25	\$4.50
16 - 61 years	\$2.75	\$5.50
62 & over	\$1.50	\$3.00

Children 8 yrs or younger must be accompanied by paying adult.

All visitors passing front desk must pay admission!

Punch Passes Resident Non-Resident Purchased at each pool for 15 swims.

1 - 8 years	\$ 9	\$15
9 - 15 years	\$18	\$30
16 - 61 years	\$25	\$45
62 & over	\$20	\$30

Photo I.D. Pass

Purchased at Raleigh Parks & Rec. Dept., 2401 Wade Ave., from 8:30 am - 5:15 pm Mon. - Fri. Payments by check or money order. Credit card purchases available at Wade Ave.

Month Pass Resident Non-Resident

1 - 8 years	\$12	\$20
9 - 15 years	\$23	\$35
16 - 61 years	\$30	\$50
62 & over	\$24	\$36

Introduction

In North Carolina, drowning is one of the five leading causes of accidental death in children under fourteen years of age. In sunny Raleigh, our proximity to area beaches, lakes, as well as private pools and spas underlines the need for community based water safety education and quality swimming instruction.

Raleigh Parks & Recreation Aquatics Philosophy

The Aquatics Program of Raleigh Parks & Recreation is dedicated to providing a fun and creative atmosphere for the development of swimming skills for all citizens in the Triangle area. We advocate the importance of water safety and are committed to the process of continued improvement and training of our lifeguards, swim instructors and community. We believe in the value of swimming as a lifetime skill and as a healthy recreational activity. We use the American Red Cross Swimming and Water Safety Program and all of our instructors are certified as Water Safety Instructors to meet these goals.

Raleigh Parks & Recreation Aquatics Overview

The City of Raleigh Park and Recreation Department operates 2 year-round swimming pools as well as 6 seasonal pool located throughout the city. In addition to the *Learn-To-Swim Program*, the Park and Recreation Department also offers youth swim teams; adult swimming lessons; water fitness classes; lap and recreational swimming; and other specialized aquatic programs. As you can see, the opportunities for aquatic recreation are endless! For more information, see your Pool Manager or call the **Swim Hotline** at (919) 831-6852.

Swim Lesson Registration

Learn-To-Swim classes are conducted year-round. Please check your neighborhood's pool program for specific class schedules and registration dates and times. Remember, certain classes are extremely popular and space is limited! Once enrolled in a class, your child may be transferred to a different class level based on his or her skills and/or abilities, which are assessed on the first day of class. If your child has special needs, please inform the Pool Manager and swimming instructor before the first class session begins. Availability of classes is subject to a required minimum number enrolled. If this minimum number is not met, class levels may be combined or the class may be cancelled. If you prefer to have your child in a class that is not combined, ask your Pool Manager about small group or private lessons.

Lesson Tips and Facility Information

Arrival Time: It is important for students to be on deck and ready to go (including showers-unless it's cold) five minutes before their class starts. Be sure to have students go to the rest room before class. Your instructor will let students and parents know where to meet each day and that students need to wait on the side of the pool (not in the water) until instructor has arrived. Your child should be neither hungry nor extremely full before swimming lessons.

Swimming attire and protection: If your child is prone to chill or has long hair (shoulder length or longer), we highly recommend she/he wear a bathing cap or the hair is tied back, so it won't get in your child's face. On sunny days it is optional for students to wear a t-shirt. We also recommend you apply sunscreen prior to your child's swim lessons at our outdoor pools. On cold days it is optional for students to wear a t-shirt and/or swim cap and for parents to have a big warm towel ready for their child when she/he gets out of the pool.

First Day of Class: The first day of class is utilized for student skill evaluation and class assignment. Participants will be asked to perform known skills and then be placed in the appropriate level class. Participants may be reassigned to another class if necessary. Please note that class levels may be combined when class numbers are small. To compensate for the time allotted for check-in, the evening classes will last about five minutes longer on the first day of each session.

Before and After Class: Parents are encouraged to come and talk to the instructor before or after class, as this is the time they will be available for them. If the instructor is busy with another parent feel free to leave their name and phone number with the lesson coordinator and the instructor will contact them that day.

Practice Time: If you are planning on coming earlier or staying longer than your scheduled lesson, why not purchase a daily admission or a punch pass? This provides your child with the opportunity to practice all of the skills taught in class outside of class time. Remember, practice makes perfect!

Last Day of Class: At the end of your swim sessions we ask that you complete our on-line evaluation form. We use the feedback to make program adjustments to meet your needs and those of your child. When possible, we take corrective action immediately. During the summer we share the evaluations with our instructors to give them encouragement and let them know where they are making a difference. We cannot over estimate the value of your appraisal.

Q: What if my child already has a fear of the water?

A: Respect your child's feelings. Teasing or getting angry only makes matters worse. Progress slowly by following these guidelines:

- Provide plenty of time for your child to adjust to the new setting.
- Concentrate on activities with which your child is comfortable and ready.
- Expose your child to other children who are having fun.
- Enjoy the water yourself with your child.

Q: How many lessons is it going to take for my child to "swim"?

A: Children vary widely when it comes to learning a skill. In general, each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are simple prerequisites, activities and lead-ups that can prepare the child to perform those skills. For example, before children are ready to put their entire face in the water, they may need to practice blowing bubbles, washing the face, splashing and putting parts of the face in the water. It may take 30-80 lessons before a child can swim independently. However, to make sure your child does learn to swim well, be sure that he or she completes all of the learn-to-swim levels.

Q: What if my child cannot keep up with the class?

A: The progress of your child is not compared with that of any other child. Because they have different experiences and backgrounds as well as different learning rates, children acquire skills at different times. The instructor can adapt and adjust the level of difficulty to the individual child. This way, your child will feel a part of the group but will practice at his or her level. If you believe that your child needs to be in a different level class, consult with the instructor coordinator.

Q: How many levels should my child complete?

A: Your child should complete all of the Learn-to-Swim levels to develop full swimming competency. A child who has only completed level 4 or 5 may have acquired just the basic skills for swimming. It may take several seasons for a child to successfully complete all levels. If he or she swims only during the summer months, skills will be diminished. Regular practice is necessary to keep skills and progress to the next level.

Q: Will my child become "drownproof" after participating in the Learn-to Swim program? A: Participation in any swimming lesson program does not "drownproof" your child. It is only the first step in developing your child's water safety and swimming skills. Year-round practice, regular exposure to water and positive encouragement are the tools needed for developing your child's comfort level in water and improving his or her swimming skills.

FREQUENTLY ASKED QUESTIONS

Q: What is the best age to begin enrolling my child in swimming lessons?

A: Generally, children at four years of age are ready to enroll in swimming lessons appropriate to their level of comfort and skill level. For some preschoolers, especially those who have not had water experiences or who show fear, having parents with them may be helpful, at least for the first several lessons. For these children, consider enrolling in a parent and child aquatics course. Many preschool children are independent enough to participate in swimming classes without a parent. These children should be placed in the appropriate American Red Cross Learn-To-Swim level with children of similar abilities.

Q: What causes fear of the water?

A: Some of the more common causes of early fear of the water have to do with the way parents or caretakers relate to their children in and around water. These causes include:

- Being raised by parents or caretakers who are afraid of the water and have either knowingly or unknowingly communicated this fear to their children;
- Being raised in an environment that prevents childhood water play, whether as a result of lack of opportunity or parental actions;
- Being forced into water activities beyond the ability or comfort level;
- Being carelessly handled in water experiences;
- Being involved in or witnessing a traumatic water accident; or
- Having a fear of the unknown or a general fear of new experiences.

Q: What helps prevent fear of the water?

A: No matter how cautious you are, fear cannot always be prevented.

You can help reduce fear in the following ways:

- Provide enjoyable non-threatening water activities that are simple and fun, to build confidence and success.
- Arrange for regular, continued contact with a water environment for your child.
- Select safe water environments and supervise all water play.
- Treat water mishaps sympathetically, but do not alarm your child.
- Be aware of your facial expressions and choice of words so that you do not signal panic or fear.
- Try using goggles. This may help children explore under the water.
- Teach your child "respect" for the water and water rules without implied threats or fear.
- Lead by example. Follow rules and enjoy the water with your child. Get your face wet and perform some of the simple and fun activities in the program.

More Lesson Tips and Facility Information

Weather: Lessons are conducted regardless of weather (lightning storms and/or pool closures are the only exceptions). In the event of a lightening storm or other pool closure, the lesson will be made up on the next available Friday at the regular lesson time. If your lesson is canceled due to unforeseen circumstances (i.e. lightning, pool closure, etc.) we reschedule, if possible. If rescheduling is not feasible, we issue refunds or credits toward another activity.

Supportive: Be supportive of your children. Learning to swim can be very difficult (even getting in the water!). Remember that fear is learned. If you are hesitant or fearful of your child in the water, your child will generally acquire your fearful attitude. Your child's progress and enjoyment can be enhanced when you and your child are enthusiastic about swimming.

Positive Reinforcement Techniques: Any disciplinary problems should be taken care of by the swim instructor. Positive reinforcement to encourage appropriate class behavior will include removing the child from the swim lesson (i.e. "time out" for a brief period of time) and may include talking about the problem with the parent and/or Pool Manager.

Absence policy: Classes are not made up when a student misses a class; however, if the pool cancels a class, we will make it up.

Medical Concerns: If your child has a medical condition, such as (but not limited to) allergies, seizures, or epilepsy, a medical clearance form from your physician is required and must be submitted to the Pool Manager prior to the first day of class. In an emergency, knowledge of medical conditions will aid our staff and emergency personnel in giving appropriate care.

Registration Questions: The pool management staff on site and the Aquatics Administration office handle questions about enrollment, receipts, refunds, etc. Requests for refunds and transfers must be done in writing and will be handled by the management staff on site on a case by case basis. It will take 4-6 weeks to process refund payments.

Private Lessons: Does your child need more personal attention than large group lessons offer? Try our Private Lessons available at only Optimist or Pullen Pools. Scheduling is based on pool and instructor availability. Contact Optimist at 870-2882 and Pullen at 831-6197 for more information and to arrange a time. Offered any time we are not having classes at Optimist or Pullen. Private lessons are not offered at seasonal pools. 30 min lesson - \$20 City residents /\$27 Non-residents
4 30 min lessons - \$70 Residents/\$94 Non-residents

Practicing At Home:

A great way to enhance your child's swim lesson experience is by practicing at home. (You don't even need a pool to do this!)

- If this is your child's first experience with swim lessons, talk about how fun lessons will be, how they will meet new friends, and how it is important it is to be a good listener.
- After swim lessons, ask your child about the skills they learned.
- For younger swimmers (parent/tots, tots, advanced tots), practice blowing bubbles in the bathtub, wash their face with a washcloth, or slowly pour water over their heads. These fun exercises aid in the development of being comfortable with getting the mouth, nose, eyes, and ears wet, as well as future swimming experiences.
- Sing the songs learned in class during bathtime or in the car on the way to lessons. These songs usually include: "Kids In The Pool," "Hokey Pokey," and "Motorboat."
- Pointed Toes - Have the child point their toes at objects while sitting, then, try kicking with entire leg.
- Holding Breath - Practice out of water or with parent's help in bathtub. See how long they can hold their breath while someone counts for them.
- Arm Strokes - Have child make "big arm circles" while walking.
- Arms With Side Breathing - Child sits in parent's lap keeping head down as if it were in the water. They pretend to take a breath to the side, blow bubbles down while making big circles with arms.
- Kicking (All levels) - Child lays on bed with legs off the side. Concentrates on keeping legs straight. Emphasize kick from hip, pointed toes.
- Remind your child why learning how to swim is important (i.e. to participate on the swim teams, to go swimming at the beach, to go swimming at a waterpark or backyard pool).



Level 6 - Personal Water Safety

Prerequisites for Level 6:

- Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Learning Objectives:

- Increase endurance while performing the following strokes:
 - Front crawl-100 yards
 - Back crawl-100 yards
 - Butterfly-50 yards
 - Elementary backstroke-50 yards
 - Breaststroke-50 yards
 - Sidestroke-50 yards
- Demonstrate the following turns while swimming: Front crawl open turn; Backstroke open turn; Sidestroke open turn; Front flip turn; Backstroke flip turn; Butterfly Turn; Breaststroke Turn
- Tread water with hands, in deep water (5 minutes)
- Tread water, kicking only, in deep water (2 minutes)
- Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet
- Demonstrate the H.E.L.P. position (2 minutes)
- Demonstrate the huddle position (2 minutes)
- Demonstrate a survival float in deep water (5 minutes)
- Demonstrate a back float in deep water (5 minutes)
- Demonstrate survival swimming (10 minutes)
- Swim while clothed, using any type of stroke (50 yards)
- Demonstrate self-rescue techniques while clothed
- Discuss basic safety rules for open water environment and boating.

Certification Requirements

Successfully complete the following exit skills assessment:

- Swim 500 yards continuously using strokes in the following order: front crawl, 100 yards; back crawl 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards
- Jump into deep water, Demonstrate a survival float for 5 minutes, roll onto back and Demonstrate a back float for 5 minutes
- Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet, return to the surface and return to the

Level 6 - Lifeguard Readiness

Prerequisites for Level 6:

- Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Learning Objectives:

- Increase endurance while performing the following strokes: Front crawl-100 yards; Back crawl-100 yards; Butterfly-50 yards; Elementary backstroke-50 yards; Breaststroke-50 yards; Sidestroke-50 yards
- Demonstrate the following turns while swimming: Front crawl open turn; Backstroke open turn; Sidestroke open turn; Front flip turn; Backstroke flip turn; Butterfly Turn; Breaststroke Turn
- Submerge to a minimum depth of 7 ft using following techniques: Feet-first surface dive; Pike surface dive; Tuck surface dive
- Tread water (5 minutes)
- Tread water, kicking only in deep water (2 minutes)
- Compact jump into the water from a height with rescue tube
- Swim using a front crawl stroke with rescue tube trailing (25 yards)
- Swim using a breaststroke with the rescue tube trailing (25 yards)
- Perform a feet-first surface dive and retrieve and object from a depth of 7 to 10 feet
- Swim on back holding an object and keeping face out of the water
- Demonstrate the following rescue techniques: Wading assists with equipment; Walking assist; Beach drag; Hip and shoulder support; Head splint
- Using a backboard
- Two person removal from the water.

Certification Requirements

- Swim 500 yards continuously using strokes in the following order: front crawl, 100 yards; back crawl 100 yards; breaststroke, 50 yards, elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards
- Swim 20 yards using a front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10 -pound object, return to the surface and swim 20 yards on the back or side to the starting point with the object (Students must hold object with both hands and keep his or her face out of the water.)

Health, Hygiene, and Sun Protection

Chlorine and pH: The chlorine and pH levels in our pool water is checked constantly by automated chemical monitors and every two hours by the pool staff. Our pool water is also randomly checked by the County Health Department. At times, eyeburn is mistakenly associated with a high chlorine level. Actually, eyeburn is due to extended eye contact with pool water, which may not have the same pH level as the fluid in the eye, causing eye irritation. Using goggles is recommended for extended eye contact with pool water. Ask your swim instructor for advice on what kind of goggles you should purchase.

Dry Skin/Skin Infections: Dry skin can be caused by regular exposure to sun and water. To alleviate dry skin, have your child shower after class and apply a moisturizing lotion. Any students with open wounds, lesions, contagious rashes, etc. will not be allowed to swim per Health Department Bathing Codes.

Sun Protection: It is estimated that 80% of sun damage occurs prior to age 18. One blistering sunburn before age 20 doubles your child's chance of melanoma in later years. We encourage applying a broad spectrum, waterproof sun screen at least 30 minutes prior to going out into the sun. Reapply sunscreen every hour while in the sun.

Please Help Keep Your Pool Open!

Did you know that if the pool is contaminated with fecal matter, the pool has to be **closed for cleaning**? Please follow these safety precautions to help us ensure that your experience at the pool is both fun and safe for the entire community and to reduce the risk of pool closures.

- Don't change your child's diapers at the side of the pool. Please use the restroom facilities and properly dispose any soiled diapers.
- Don't allow your child to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Have your child use the restroom before entering the pool (and wash their hands with soap and water).
- Take young children to the bathroom often to minimize accidents.
- Children 3 years of age and younger are required to wear a tightfitting "swimsuit diaper" or tight-fitting plastic pants and a swim suit. Our staff will strictly enforce the policy. Some pools sell disposable swimsuit diapers. See your Pool Manager for details.
- Do not rinse hands in the pool after making a trip to the bathroom or changing a child's diaper. Wash hands by using soap and warm water and rubbing them together for at least 20 seconds.

Learning To Swim Is Fun!

The American Red Cross Learn-to-Swim courses offered at our facilities are designed to give your child a positive learning experience and teaches lifelong swimming skills.

Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating and working with your child during this experience. The following are some suggestions to help you in providing the best experience for your child:

Prepare your child for this experience. Give your child an opportunity to visit the pool before the beginning of class. Describe what will be happening and perhaps talk to an instructor.

Be prompt. Children can get anxious if hurried. Allow plenty of time before and after class for showering, going to the bathroom and dressing.

Follow rules and regulations. You are responsible for your child's actions, not the instructor or lifeguard. Teach, talk about and review the pool rules with your child. Lead by example.

Attend every lesson. Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.

Complete all the levels. Make sure your child completes all the learn-to-swim levels so that he or she truly has the skills to be safe in, on and around water.

Encourage safe practices. Young children cannot be expected to exercise good judgment and caution. Children must be constantly reminded to walk slowly in the pool area and only enter the water with the instructor during the class and with you after the class.

Have patience. It is important not to pressure your child to perform before he or she is ready. Readiness results from maturity, experiences and other individual factors.

Avoid comparisons. No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice and previous experience. Respect your child's qualities and do not compare them to their siblings or other children.

Level 6 - Fundamentals of Diving

Prerequisites for Level 6:

- Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Learning Objectives:

- Increase endurance while performing the following strokes:
 - Front crawl-100 yards
 - Back crawl-100 yards
 - Butterfly-50 yards
 - Elementary backstroke-50 yards
 - Breaststroke-50 yards
 - Sidestroke-50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke open turn
 - Front flip turn
 - Backstroke flip turn
 - Butterfly Turn
 - Breaststroke Turn
- Discuss basic stretching exercises for diving
- Demonstrate a standing, front jump from edge of the diving board
- Demonstrate a front, line-up entry from edge of the diving board
- Demonstrate a front approach with hurdle

Certification Requirements

Successfully complete the following exit skills assessment:

- Swim 500 yards continuously using strokes in the following order: front crawl, 100 yards; back crawl 100 yards; breaststroke, 50 yards, elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards
- Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
- Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.

Level 6 - Fitness Swimmer

Prerequisites for Level 6:

- Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Learning Objectives:

- Increase endurance while swimming the following strokes: Front crawl-100 yards; Back crawl-100 yards; Butterfly-50 yards; Elementary backstroke-50 yards; Breaststroke-50 yards; and Sidestroke-50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn;
 - Backstroke open turn;
 - Sidestroke open turn;
 - Front flip turn;
 - Backstroke flip turn;
 - Breaststroke turn; and
 - Butterfly turn
- Demonstrate etiquette in fitness swimming
- Discuss and demonstrate how to use the following while swimming: Pull buoy; Fins; Pace clock; and Paddles.
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply the principles of water exercise

Certification Requirements

Successfully complete the following exit skills assessment:

- Swim 500 yards continuously using strokes in the following order: front crawl, 100 yards; back crawl 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards
- Perform the Cooper 12-minute swim test and compare with pre-assessment results.

American Red Cross Swimming & Water Safety Program

The American Red Cross Swimming and Water Safety Program features six levels of learn to swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience.

American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

Skills are categorized in the following way:

- Water Entry and Exit
- Breath Control and Underwater Swimming
- Buoyancy
- Changing Direction and Position
- Treading
- Swimming on Front, Back and Side
- General and Personal Water Safety
- Helping Others

Not every level includes skills in all categories. Nor is it necessary to introduce the skills in the order of categories listed above. It is very important, however, to introduce safety skills in the first lesson of each level, so participants are aware of what they can do to be safe around the water.

Students in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. At later levels, students build on their basic skills to learn propulsive movements on the front, back and side. They learn different strokes at various levels and then refine them at later levels. Personal safety and rescue skills are included to help students meet safety goals. By the end of Level 6, students have all the prerequisite skills and have developed the necessary fitness level for entrance into the American Red Cross Lifeguarding and Water Safety Instructor courses. The six learn-to-swim levels and the objectives for each level include:

Level 1 - Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.

Level 2 - Fundamental Aquatic Skills. Gives students success with fundamental skills.

Level 3 - Stroke Development. Builds on the skills in Level 2 by providing additional guided practice.

Level 4 - Stroke Improvement. Develops confidence in the strokes learned and to improve other aquatic skills.

Level 5 - Stroke Refinement. Provides further coordination and refinement of strokes.

Level 6 - Swimming and Skill Proficiency. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include:

Personal Water Safety Lifeguard Readiness
Fundamentals of Diving Fitness Swimming

Course Descriptions

Parent and Child

Purpose: To help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in , on and around the water.

Prerequisites - No skill prerequisites. Child must be at least 6 months old to enroll. Parent or other caregiver must accompany each child into the water and participate in each class.

Level A

For children who have little or no previous water experiences.

Level B

Children with two or more previous sessions in the water; submerge only reluctantly (or not at all); or require flotation support at all times should enroll in Parent & Child Level B.

Children ready to learn without a parent or caregiver should enroll in an appropriate Learn-to-Swim Level.

Learning Objectives

- Increase knowledge of water safety and practices;
- Provide an opportunity for water adjustment and swimming readiness skills;
- Use play as a basic form of learning and provide fun and enjoyment in the water;
- Encourage participant socialization; and
- Provide parental involvement in the learning process and reinforce the parent's or caregiver's role in the child's learning.

For Parent & Child Classes, please bring child's favorite bathtub toy.

Level 5 - Stroke Refinement

Prerequisites for Level 5:

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
- Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 5 participants learn to:

- Demonstrate a shallow dive from the side
- Demonstrate a shallow dive, glide two body lengths and begin any front stroke
- Swim underwater (15 yards)
- Demonstrate a tuck and pike surface dive, submerging completely
- Demonstrate a survival float (2 minutes)
- Demonstrate a back float (2 minutes)
- Demonstrate a flip turn while swimming on front
- Demonstrate a flip turn while swimming on back
- Tread water using two different kicks (scissors, modified breast, or rotary kick) (2 minutes)
- Demonstrate the following strokes
 - Front crawl-50 yards
 - Back Crawl-50 yards
 - Butterfly-25 yards
 - Breaststroke-25 yards
 - Elementary backstroke-25 yards
 - Sidestroke-25 yards
- Demonstrate survival swimming (2 minutes)
- Demonstrate rescue breathing

Certification Requirements

Successfully complete the following exit skills assessment:

- Perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 4 - Stroke Improvement

Prerequisites for Level 4:

Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

Level 4 participants learn to:

- Demonstrate a dive from a compact or stride or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Demonstrate a feet-first surface dive and submerge completely
- Demonstrate a survival float in deep water (1 minute)
- Demonstrate a back float in deep water (1 minute)
- Demonstrate an open turn using any stroke on front and push off in a streamlined position
- Demonstrate an open turn using any stroke on back and push off in a streamlined position
- Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute)
- Demonstrate each stroke for the following distances: Front crawl- 25 yards; Back crawl-25 yards; Butterfly- 15 yards; Breaststroke- 15 yards; Elementary backstroke-15 yards
- Swim on side using scissor-like kick-15 yards
- Discuss rules for safe diving
- Demonstrate a compact jump from a height while wearing a life-jacket
- Demonstrate a throwing assist
- Demonstrate how to care for a conscious choking victim

Certification Requirements

Successfully complete the following exit skills assessment:

Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling), and swim elementary backstroke for 15 yards

Swim breaststroke 15 yards, tread water for 1 minute, swim back crawl 25 yards.

Learn-to-Swim Level 4 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills.

Level 1 - Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1 participants learn to:

- Enter and exit the water safely using a ladder, steps or side of pool.
- Submerge mouth, nose and eyes
- Exhale underwater (blow bubbles) through mouth and nose (3 sec)
- Open eyes underwater, pick up a submerged object held at arms length (2 times)
- Show comfort maintaining a front float position, while supported; face may be in or out of the water (5 seconds)
- Recover from a front float to a standing position while supported
- Show comfort maintaining a back float position while supported (5 seconds)
- Recover from a back float to a standing position while supported
- Change direction of travel while walking or paddling
- Roll over from front to back while supported
- Roll over from back to front while supported
- Explore arm and hand movements while treading in chest-deep water with support
- Swim on front using any combination of arm and leg actions while supported (5 feet)
- Swim on back using any combination of arm and leg actions while supported (5 feet)
- Discuss water safety rules
- Discuss how to use a lifejacket
- Demonstrate wearing a lifejacket in the water
- Discuss how to recognize a swimmer in distress
- Demonstrate how to get help

Learn-to-Swim Level 1 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Level 2 - Fundamental Skills

Prerequisites for Level 2:

- Enter unassisted, move 5 yds, bob 5 times to chin level & safely exit water.
- Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Level 2 participants learn to:

- Enter water independently by jumping or stepping from the side.
- Exit water independently using a ladder or side
- Submerge entire head (5 seconds)
- Blow bubbles, submerge head in rhythmic pattern (bobbing) (5 times)
- Open eyes underwater, pick up a submerged object in shallow water(3 times)
- Show comfort maintaining a front float position with face in water (5 sec)
- Recover from a front float to a standing position
- Demonstrate a front glide (2 body lengths)
- Float in a face-down position (jellyfish float) (5 seconds)
- Show comfort maintaining a back float position (5 seconds)
- Recover from a back float to a standing position while unsupported
- Demonstrate a back glide (2 body lengths)
- Change direction of travel while paddling on front or back
- Roll over from front to back; Roll over from back to front
- Tread water, using arm and leg motions, in chest-deep water
- Swim on front using any combination of arm and leg actions while unsupported (15 feet)
- Swim on back using any combination of arm and leg actions (15 feet)
- Swim on side using an alternating or simultaneous leg action (5 feet)
- Discuss water safety rules and how to use a lifejacket
- Move in the water while wearing a lifejacket
- Discuss how to recognize a swimmer in distress
- Demonstrate how to get help

Certification Requirements:

- Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position.
- Push off and swim using a combination of arm and leg movements for 15 ft on the front, push off and swim using a combination of arm movement for 15 feet on the back.

Learn-to-Swim Level 2 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Level 3 - Stroke Development

Prerequisites for Level 3:

- Step from side into chest-deep water, move into a front float for 5 sec., roll over to a back float, return to standing position, then move back to a back float for 5 sec. & return to a standing position.
- Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 3 participants learn to:

- Jump into deep water from the side
- Demonstrate a head-first entry from the side in sitting or kneeling position
- Submerge & retrieve object (independently) from chest-deep water (3 sec)
- Bob with head fully submerged, in chest-deep water (5 times)
- Demonstrate rotary breathing with body in horizontal position (5 times)
- Demonstrate a front glide using 2 different kicks (2 body lengths)
- Demonstrate a survival float in deep water (30 seconds)
- Demonstrate a back glide using 2 different kicks (2 body lengths)
- Demonstrate a back float in deep water (30 seconds)
- Change from a vertical to a horizontal position on front
- Change from a vertical to a horizontal position back
- Tread in deep water, using hand and leg movements (30 seconds)
- Demonstrate each stroke for the following distance: Front crawl (15 yards); Back crawl (15 yards); Butterfly—kick and body motion (15 feet)
- Discuss general water safety rules and rules for safe diving
- Enter the water independently using ladder, steps or side while wearing a life jacket
- Demonstrate the H.EL.P. position (1 minute) & the huddle position (1 minute)
- Demonstrate a reaching assist
- Discuss Check-Call-Care

Certification Requirements

- Successfully complete the following exit skills assessment:
- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards

Learn-to-Swim Level 3 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills.